



PKSA Karate Testing Requirements

E Dan 5th Recert

Basic Actions

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| <ol style="list-style-type: none"> 1. Sang Soo Ha Dan Sang Dan Mako
Ahp Cha Go
Keemah Ha Dan Mako
Slow Soo Do Mako
Toroso Choon Dan Kong Kyuck 2. Moo Rup Ha Dan Mako
Toroso Jip Kae Son Kong Kyuck
Ahp Cha Go
Dull Ryo Cha Go
Spinning (360) Dull Ryo Cha Go
Dull Ryo Dwi Cha Go
Toroso Choon Dan Kong Kyuck | <ol style="list-style-type: none"> 3. Ahneso Pahkero Cha Go
Pahkeso Ahnero Cha Go
Dwi Dull Ryo Ahneso Pahkero Cha Go
Dull Ryo Dwi Cha Go
Toroso Choon Dan Kong Kyuck 4. Ha Dan Mako
Toroso Choon Dan Kong Kyuck
Bal Ja Ba Mako
Sang Dan Mako
Toroso Choon Dan Kong Kyuck 5. Yuk Soo Do Mako
Sang Mok Deung
Han Mok Deung
Sa Go Rip Ha Dan Mako
Dwi Dull Ryo Ahp Pallo Cha Go
Il Chu Mok Kong Kyuck
Step Back Bal Nul Bee Seo Kee Jaseh |
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Hyung

All Previous Hyungs

Weapons

Sonae Kame

Pyung Ahn Il Soo Shik (1-8)

E Soo Shik (1-8)

7. **Attack:** Fighting stance, Jab - Attempted Roundhouse Kick.
Defend: Fighting stance. Left-hand push block, lead-leg stop kick to the groin. Left hand chop to the neck, followed by a hammer fist across the jaw. Step in with your right-leg, hook (grab) both attacker's legs just above the knee, push with your shoulder as you lift the legs taking them to the ground (double leg takedown), finish with a punch
8. **Attack:** Fighting stance, Punch - Front Kick
Defend: Fighting stance, Slide back Left-hand Push block, Slide back Left-hand Low block, Slide in Right-arm forearm strike to solar plexus, Match your front foot to the attacker's lead leg. Perform a spinning heel-kick to the back of the attacker's thigh (land your kick behind you), dropping the attacker to one knee. Jump roundhouse to the side of the attacker's head.

Ho Sin Sool

- All Previous Ho Sin Sool
- Advanced Ho Sin Sool Form

Terminology / History: As requested by a board of examiners (*may be tested*)